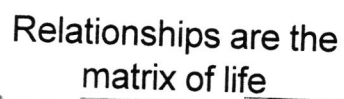


Dr. Suzanne Wolfe  
Transformations  
Counseling

Dr. Kathleen Bailey  
Grand Valley State  
University

[illegible]This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins or other markings on the paper.This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 10 visible lines. The paper appears to be a standard notebook or worksheet page.

## WORKING MODELS

Our experience-based theories  
or beliefs of what we can  
expect from the world



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## RULES OF LIVING

A set of rules about our beliefs  
regarding life and living in the  
World with Self and Others.



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## CREATION OF WORKING MODELS

Others rules of living



Create our own working models



Which have those internalized rules of living



Which then maintain our working models

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## In Response to Conditional Love

- GOOD SELF

- BAD SELF

- FALSE SELF

- TRUE SELF



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- "Good" Self: Acceptable to Others

- "Bad" Self: Unacceptable to Others

- The "Good" Self + "Bad" Self  
= False Self

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## IMAGE OF FALSE SELF



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### TRUE SELF

- A natural state of goodness that would thrive if given sufficient care
- Our core of loving, kindness, joy, creativity, hope, wonder, enthusiasm, strength, and connection.....



**True and Authentic Self**

Vitality  
Strength  
Stability  
Simplicity  
Resilience  
Playfulness  
Patience  
Optimism  
Objectivity  
Morality  
Nurturance  
Integrity

Hope  
Tenderness  
Steadfastness  
Spirituality  
Serenity  
Purpose  
Peace  
Passion  
Openness  
Love  
Learning  
Joy

Acceptance  
Balance  
Confidence  
Creativity  
Energy  
Faith  
Forgiveness  
Freedom  
Gratitude  
Grace  
Humility  
Truth  
Trust  
Kindness

Assertiveness  
Beauty  
Compassion  
Courage  
Curiosity  
Enthusiasm  
Flexibility  
Fortitude  
Generosity  
Gentleness  
Harmony  
Carefulness  
Tolerance

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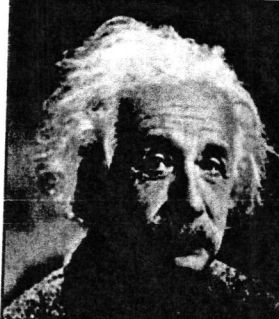
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### Things Make Sense



I had an hour to  
**solve a problem** and my  
**life depended** on it.  
I would use the  
first 55 minutes  
determining the  
**proper questions to ask.**  
*Albert Einstein*

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### Beliefs Determine Choices




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If relationships are the problem....



...then relationships  
are the cure.



Edward Trembley

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## 2 Rules for Helpers

- The most important task of a person in a helping relationship is to provide corrective experiences.
- The worst thing a person in a "helping" capacity can do is to replicate past injuries.

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Under all Entitlement  
Disorders

—Over OR Under—  
Is the Lesson that

"I DO NOT MATTER"

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## Treatment

### Underentitlement

- Identify the rules of living (also can assume them).
- Look for the buried True Self and "call it out."
- Encourage breaking the rules of living in the world.
- Consider and treat the child as a person who matters.

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## Treatment

### Overentitlement-- a 2-layer process

- *Identify the overentitled rules of living (how do they try to make you feel?).*
- *Keep good boundaries, including your inner, emotional boundaries (e.g., don't buy how they try to make you feel)*
- *Reflect on their distancing presentation; try to get under it to the underentitlement.*
- *Then treat the real problem—their underentitlement.*

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"I was a child  
Playing hide and seek with you,  
And you caught me hiding  
In the silliest saddest places...  
Behind old grudges  
Under a ton of disappointments,  
Tangled in guilt  
Smothered in shame  
Choking on sobs that nobody  
heard.  
You found me  
And whispered my name  
And said 'Your it!'  
**And I believe you meant it"**

-J.D. Teague-

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